

Meeting the growing consumer and employee demands for increased health services on the job, the American Cancer Society Workplace Services program provides corporate tools and resources to initiate or enhance existing employee health and wellness services.



Workplace Services

"Healthy Ideas For A Healthy Workplace"

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BecauseWeCare

A workplace wellness message from your American Cancer Society

How Not To Be A New Year's Resolution Dropout

"This is the year I get in shape," Mark Schwartz vowed. He couldn't help but notice that he was becoming more winded on the ski slopes, and he knew he had to step up his fitness level. So like millions of others who make New Year's resolutions to eat right, pump weights, or run a marathon, Mark joined a health club and worked out in earnest – for about a month. After that, with business trips galore and hassles at home, he showed up at the health club less and less. Before long, he'd become a member of a much larger club: The New Year's Resolution Dropouts.

The problem, say experts, is that fitness requires a long-term lifestyle change, not a quick-fix. "We live in a fast-food, instant-gratification society, but you don't develop a fitness lifestyle overnight," says personal trainer Christopher Drozd. "You need a plan and realistic expectations."

Mark came to that realization a year later and got back into the workout groove. "In business, planning is everything," he said. "So I applied that concept to my fitness." He signed up with a personal trainer, who measured his initial weight, resting heart rate, body-fat levels and more. Together Mark and the trainer developed a plan with measurable goals, an efficient use of his limited time, and enough variety and challenge to keep it interesting. "It's huge motivation when you know where you want to go and know what it takes to get there," he says. Between his sessions with the trainer, Mark goes back to the health club – a dropout who dropped back in.

– Roy M. Wallack

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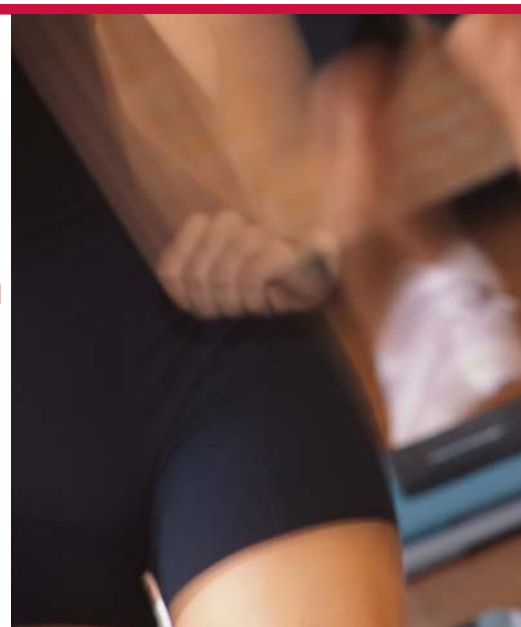
- Don't Be A Dropout
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click on this symbol throughout this e-newsletter for interactive simple solutions

90%

Health clubs estimate that up to 90 percent of members who sign up in January stop working out by April, their resolutions abandoned, their sparkling fitness dreams faded.





Aerodynamically the bumblebee shouldn't be able to fly, but the bumblebee doesn't know that so it goes on flying anyway.

— Mary Kay Ash

A Dropout-Proof Plan To Make Your New Year's Resolution A Reality

Measure Yourself And Write Down A Plan

- To chart your progress, you have to know your starting point, so record your beginning weight, resting heart rate, and body-fat levels on a chart.
- Then write down your fitness goals for the next year; a set of instructions comes with everything – and your fitness regimen should too.

Set Realistic Goals

- Don't expect to lose 50 pounds or run a marathon by April, because you'll quit in frustration once you find out that's an impossible goal.
- Instead, shoot for something more realistic, like losing five pounds per month and working up to a 10k run.
- For free advice, quiz a clerk at a running store or bike shop.

Start Slowly

- Hold your horses. Starting off too hard puts you at risk of soreness, muscle pulls, colds, and frustration.

Set a Specific Time

- Consistency is the key to adapting your body to a new habit.
- Do your run every day at 8 p.m., and your body will start to crave it at that time every day.

Set Specific Goals

- Settle on a specific target of losing 30 pounds by June instead of a general goal of losing weight. If your goal is too ill-defined, it becomes too easy to do the minimum.

Use Your Day Planner

- Schedule your gym time just like you do an important meeting.
- Psychologically, you commit more to something written down.

Build In Room For Imperfection

- Even the most seasoned exercise veteran falls off the wagon once in a while. Expect occasional setbacks.
- Allow one month out of 10 where you maintain or gain a little weight.
- For one week of each month, require only three days of exercise, rather than your standard five, but build in a safety check, such as a promise not to go more than four days without exercise.

— Roy M. Wallack

At First, Focus On Exercise, Not Dieting

Exercise, unlike diet, can provide **immediate feedback**. When you do aerobics or lift weights, you immediately feel better – more stamina, energy, and strength. **It's addictive.**

Mix It Up

Our minds and our bodies need variety to stay interested and challenged. Instead of running one Saturday, hike in the hills with a heavy backpack. Or for a whole week, replace your spinning class with running.

Get A Partner

If you're committed to someone else, you do a better job of sticking to your resolution. It's part social and part "positive guilt" ... the fear of letting someone else down.

Spread The Word About Your Goals

Tell all family and friends about your New Year's Resolution to shape up. This will shame you into not ordering a piece of chocolate mousse pie when you're out with friends. And it'll keep your family from complaining when you have to duck out early from Uncle Joe's birthday party to do your run.

It All Adds Up To Five A Day

A diet high in fruits and vegetables is the healthy way to a healthy lifestyle. All you have to do is tally up your fruits and vegetables and before you know it you've added up five a day or more.

Breakfast

Usually do cereal? Slice one medium or half a large banana on top. Above all else, don't forget your morning juice. Just 6 ounces of 100% fruit juice or low-sodium vegetable juice counts as a serving toward your 5 A Day. Tally: 2 servings.



Midmorning Snack

Unsweetened portable applesauce counts as a serving and is easy to snack on anywhere. Like those baby carrots? Eat just five or six baby carrots and you have another serving. A handful of dried fruit (1/4 cup) will do the trick, too. Tally: 3 servings.



Lunch

When you need a quick lunch, try ordering a pita sandwich or wrap loaded with vegetables, or a cup of hearty vegetable soup. Add a small side salad with low-fat dressing and feel your energy rise. Tally: 5 servings.



Dinner

Even if you only have 5 minutes, dinner veggies are easy and delicious. Consider cooking canned or frozen peas or cauliflower in the microwave for a quick dinner side dish. Or, make a quick and delicious meal out of a microwave-cooked sweet potato with 1 teaspoon of butter, a splash of apple juice or squeeze of lemon, and a light sprinkling of cinnamon and brown sugar. Tally: 7 servings.



Dessert

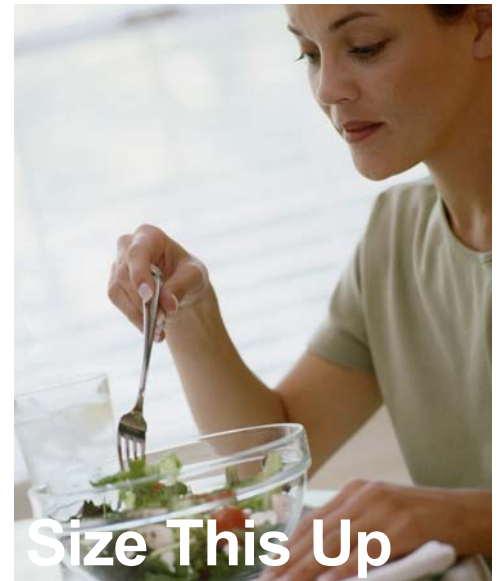
Stock your freezer with 100% juice Popsicles or mix 1/2 cup of berries, peaches, or other favorite fruit with low-fat frozen yogurt and you have added another serving to your day. Tally: 1 servings



Daily total: 8 servings.



Click here for menu ideas and recipes and start your healthy lifestyle.



Size This Up

Eating smaller portions of food is one of the easiest ways to cut back on calories.

Eating out:

- Choose a regular hamburger at your favorite fast food stop instead of the larger burger, and save about 150 calories.
- Have the small fries instead of the super-sized and save about 300 calories.
- Order the small soda. It has about 150 fewer calories than the large one.
- Share an entrée with a friend when you go to a restaurant.
- Ask for half your meal to be packed for you and eat it for lunch the next day.

Eating in:

- Don't "eat from the bag." When snacking, place a few chips, crackers or cookies in a bowl to help prevent overeating.
- Buy single portions of snack foods so you're not tempted by the whole bag or box.
- Like butter and sour cream on your baked potato? Mayonnaise and cheese on your sandwich? Cream cheese on your bagel? Use half the amount you usually do and save even more calories by using lower-fat varieties.



Potatoes

History: The Inca Indians in Peru were the first to cultivate potatoes in about 200 B.C.
Nutrition information: Potatoes are high in Vitamin C and Potassium and are a good source of dietary fiber.

Hint: To keep potatoes fresh for up to 2 months, place in a brown paper bag with an apple. The apple emits ethylene gas that prevents the potatoes from sprouting.

Quick fixin' idea: Have a potato bar night. Provide baked potatoes and toppings such as low-fat shredded cheeses, strips of roasted chicken, and steamed vegetables, and let family members assemble their meal.

Fun fact: In 1995, the potato became the first vegetable to be grown in space.

Wash Your Hands of Garlic

Specialty stores sell metal tools meant to rid your hands of garlic odor, but you can achieve the same effect with simple stainless steel measuring spoons. After peeling and chopping garlic, rub the rounded side of a stainless steel measuring spoon against your fingers under running water. Then wash with soap and water.

Buttermilk Garlic Mashed Potatoes

12 medium red potatoes, scrubbed and quartered, skin on
6 cloves of garlic, peeled
1 teaspoon salt for water
Water to cover
½ teaspoon olive oil
1 teaspoon salt for seasoning
Pepper to taste
1 cup buttermilk
3 scallions, chopped finely

In a medium saucepan, mix potatoes, garlic, and 1 teaspoon of salt. Add enough water to cover and bring to a boil. Boil 20 minutes until potatoes are tender. Drain.

Return potatoes and garlic to saucepan; add oil, salt, pepper and buttermilk. Warm over medium heat until hot but not boiling.

Remove from heat and mash with potato masher or electric beater until fluffy. Transfer to heated serving dish and sprinkle with scallions.

Makes approximately 12 cups. Serves 8.

Approximately 90 calories and 2 grams of fat per serving.

In The Next Issue

- 30 Minutes Is All It Takes
- Time Is On Your Side
- Time Saving "e"-recipe

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